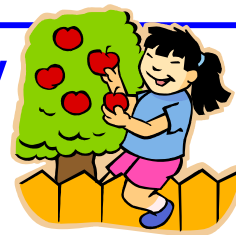


# "More Peas, Please!"

Great ideas to get young kids started on a fruit and veggie habit



## Copy Cats

Children love to copy you. Be a role model for your child. Eat a variety of fruits and veggies every day.

## Keep Them "In Sight"

It's hard to eat fruits and vegetables if they're not in the house.

- Buy a few extra fruits and veggies this week.
- Let your child pick out some favorites or something new at the farmers' market or grocery store.
- Put a bowl of fruit on the table.
- Keep carrot and celery sticks in a clear bag or dish in the refrigerator.



## Keep It Simple

Kids like to know what they are eating. Serve plain foods. Let your child mix the foods if he or she wants.

## Go for Color

Offer a variety of colors every day – blues, greens, purples, reds, oranges, yellows, whites and browns. The more colors per day, the healthier it is. Try:

- Blueberries with breakfast cereal
- Orange carrot sticks for a snack
- Red tomato sauce on pasta with white cauliflower at lunch
- Purple grapes for a snack – or raisins
- Green beans and yellow corn at dinner

## Offer Dips or Dressings

Many veggies and fruits taste great with a dip or dressing. Try:

- Cantaloupe or honeydew melon with low fat or fat free lemon yogurt
- Carrot sticks and green peppers with low fat salad dressing
- Fruit and berries with instant pudding made with skim milk



## Try Something New

Help your kids try new foods.

- Believe they will eat it.
- Start with a small amount.
- Use your child's favorite foods to complete the meal.
- If they don't like the new food on the first, second, or third time, try again and again. It may take ten or more tries.

## Go for the Crunch

Serve your children raw slices of apples, pears, carrots, celery, radishes, sugar snap peas, green beans, cucumbers, bell peppers, broccoli or cauliflower. Kids love the crunch!

## Cook Them Tender-Crisp

Strong smells, drab colors, and mushy veggies can turn kids off. Try steaming or microwaving them for a few minutes. They should be firm – not mushy.

## Keep It Smooth

Most kids don't like round, bumpy mystery objects in their mashed potatoes.

# Little Helpers



Kids will gobble up the foods they make. Let them:

- ☐ Help wash, peel and mix.
- ☐ Help make a salad.
- ☐ Make a face, a rainbow or picture from cut up fruits and veggies. Serve it with a low fat dip.
- ☐ Help cook these recipes ↓.

## Trees in a Broccoli Forest

Recipe from <http://www.dole5aday.com>

Use carrots, broccoli, and cherry tomatoes.

For the **Low Fat Dip**, mix:

- ¼ cup plain nonfat yogurt
- ¼ cup light sour cream
- 2 tsp spicy brown mustard
- 2 tsp honey



## Oven Wedge Fries

Ask your kids to help cook this quick recipe. The potatoes can be cooked in the oven or on the grill.

**Makes 4 servings**

2 large potatoes (or sweet potatoes)  
1 tsp olive or vegetable oil

- Preheat oven to 450° F.
- Scrub potatoes well. Cut into wedges the size and shape of pickle spears. Dry them on a paper towel.
- In large bowl, toss potatoes with oil until covered.
- Spread the potatoes on a baking sheet.
- Dust them with paprika, parsley or one of these:
  - Low sodium spice mix ★
  - Parmesan cheese ★
  - 2 cloves of garlic, finely chopped ★
  - Cayenne red pepper or chili powder ★
- Bake for 20-30 minutes or until fork-tender. Or, cook them in a wire basket on the grill.

**Nutrients per serving:** 80 calories, 2 grams fiber, 1 gram fat, 13 percent calories from fat, 0 milligram cholesterol, 2 milligrams sodium (★ seasonings are not included in the nutrient analysis).



## How Many Fruits and Veggies Do Kids Need?

The number of cups for your child depends on his or her age, sex, and activity level.

### Total Cups per Day of Fruits and Veggies

#### Girls

Age	Cups per Day
2-3	2 cups
4-8	2½ to 3 cups
9-13	3½ to 4 cups
14-18	4 to 5 cups

#### Boys

Age	Cups per Day
2-3	2 cups
4-8	3 to 3½ cups
9-13	4 to 4½ cups
14-18	5 to 6 cups

## Guidelines

- Fill half your child's plate with fruits and veggies at every meal.
- Make fruits and veggies the first choice for snacks.

## What Fruits and Veggies Count?

- Fresh
- Frozen
- Canned
- Dried
- 100 percent juices
- Beans

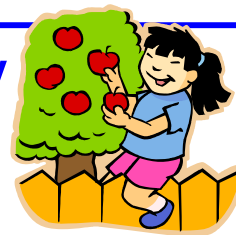
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Too much juice puts your child at risk for cavities and being overweight. Limit daily fruit juice to:

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- For 7 to 18 year olds, 8 to 12 ounces

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